

Folic Acid

Take it. Seriously.

Take it now.

To keep your body healthy.

Take it every day.

You need 400 mcg (micrograms) OR
0.4mg (milligrams) daily.

Take it this way.

An easy way to be sure you are getting enough is
to take a multi-vitamin or folic acid supplement.
You can also get it by eating a cereal that is 100%
fortified with folic acid.

Take our word for it.

If there's any chance you could become pregnant,
you need to get enough folic acid every day. It
has been proven to prevent serious birth defects
when taken before pregnancy. And it may also
protect you from heart disease and certain cancers.

To find out more, call us at
1-800-433-0746 or 1-866-275-1274 TTY/TDD
or visit our website at
www.in.gov/isdh/programs/folicacid

**Folic
Acid**
for 400 mcg Every Day
Life



Indiana State
Department of Health